



More  
than just  
a meal

# Delicious Fresh Cooked Meals delivered with care.

Maroochydore Meals on Wheels has a wide range of delicious, fresh, cooked meals. Our menu is designed to cater specifically for the nutritional and dietary requirements of the elderly members of our community.

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Call 07 5475 8293 to find out more.





# Delivered with Care

What makes us different is that our meals are delivered with care by one of our community volunteers who bring the meal to your door with a friendly smile, ready to help in any way they can.



Select from a delicious range of fresh, prepared meals, salads and desserts, including steak and fresh vegetables, pasta or stir fry.



Fresh food, direct from our kitchen and delivered straight to your door by one of our 200 community volunteers. That's the best of fresh, delivered with a friendly smile.



Our meals not only taste great, they are packed full of the goodness you need. If you're gluten intolerant, on a reduced salt diet, or have allergies, we can cater specifically to your requirements.

To find out more about our menu options, delivery times and how we can cater to your needs contact us on 07 5475 8293.

# Together, to support you.

Four decades have passed since a group of volunteers cooked and hand-delivered the first meal to a Maroochydore home. Throughout the years, our kitchen in Memorial Avenue has grown into a hub of dedicated helpers, who now provide hundreds of meals each day.

But we are more than just a meal. Suncare and Meals on Wheels keep our community safe and healthy in their homes with daily contact and a friendly face.

Do you know someone who could do with a little help?

## Contact Suncare

 1800 786 227

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